

# Linkage

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Spring, 1999

FROM THE OFFICE OF THE DIRECTOR

## 50 YEARS OF SERVICE



By Oscar Morgan

May 1999 marks the 50th-year Anniversary for the national celebration or recognition of "May as Mental Health Month." Those in the public mental health system and those in the community know very well how far Maryland's Public Mental Health has come since early 1949. Today, we can be proud of the many years of collaboration and dedication that have been devoted to furthering mental health services in Maryland.

Our recent consumer satisfaction survey indicates that the majority of consumers have a very high degree of satisfaction with their services in the Public Mental Health System (PMHS). With that knowledge, we have now reached a place in time when we may pause, just for a moment, to reflect upon where we were and where we are now as the Millennium approaches.

In that reflection, we see much promise for the future. The Mental Hygiene Administration (MHA), Core Service Agencies (CSA), Maryland Health Partners (MHP), and other stakeholders are working diligently to ensure that Maryland's PMHS continues to address concerns of consumers, family members, and providers. We are in the process of enhancing the claims system. We are continuing our Statewide review of hospital and community bed need, and developing and revising various initiatives and strategies to meet that need. We are continuing efforts to centralize certain administrative functions of our larger State Psychiatric Hospitals, and re-reviewing our historical landlord-tenant obligations with other entities on those campuses. Well into the next Millennium, the employment, supported housing and peer support of consumers will be a major focus, as well as community educational campaigns in the continuing effort of early identification in

the prevention of more serious illness. Proudly, Maryland's Public Mental Health System is emerging into a system of care that reflects commitment at all levels.

This issue of *Linkage* not only highlights that commitment, but also illustrates a Statewide celebration of mental health. The well-being of all communities rests upon the affordability, availability and flexibility of quality healthcare. We need, therefore, to continue our strategies of informing communities that addressing mental health needs along with physical health increases the likelihood of better health. Thus, in this year's celebration of May as Mental Health Month, we kicked off the month's activities with a 1-mile walk at White Marsh Mall on May 8th. We thank everyone who joined us and shared in our celebration of May as Mental Health Month and in our successes as a community in providing quality mental health services in Maryland. ■

The Mental Hygiene  
Administration,  
The Maryland  
Department of  
Health and  
Mental Hygiene

Parris N. Glendening  
Governor

Georges C. Benjamin,  
M.D., F.A.C.P.  
Secretary  
Department of Health  
and Mental Hygiene

## New Consumer Guide to Prevent Client-Professional Sexual Exploitation

The Maryland Department of Health and Mental Hygiene (DHMH) has created a booklet, **"Broken Boundaries"** to answer questions about sexual exploitation in a professional-client relationship, how to recognize and prevent its occurrence, and where to seek help if it happens. The booklet is a result of the work of the Maryland Task Force to Study Health Professional-Client Sexual Exploitation, established by Governor Parris N. Glendening and chaired by Catherine D. Nugent. The Task Force designated a committee to implement its recommendations -- one of which was consumer education.

Reprints of the booklet are available by calling the DHMH Office of Community Relations at (410) 767-6600. It is also available on the Internet at [www.advocateweb.com/hope](http://www.advocateweb.com/hope).

## Restoration of State Psychiatric Hospital Cemeteries

John B. Allen, Jr., the Mental Hygiene Administration's Director of Office of Consumer Affairs, has been working collaboratively with State Psychiatric Hospital staff, mental health advocates and local communities on protecting cemetery boundaries at State Psychiatric Hospitals. Efforts are underway to locate individual gravesites, to the extent possible, and restore and preserve the cemeteries at each facility campus. The Mental Hygiene Administration's commitment remains focused in preserving the sacredness of the cemetery ground and in paying final respects to the individuals resting there. Currently, there is discussion of erecting a memorial at those facilities where none currently exist.

Volunteers, however, are needed in this restoration and preservation project. There is much to be done. If you are interested in helping with the cemetery project, contact Mr. Allen at (410) 767-1381.

## Cultural Fest a Success

The Mental Hygiene Administration/Maryland Health Partner's Advisory Group for Cultural Competence held the first Cultural Fest on March 16th at the Maritime Institute. All in atten-



dance truly enjoyed a celebration of diversity. The Keynote Speaker, Lauren N. Nile, J.D., presented **"The Family of Humanity: The Profound Truth About Our Diversity."** Her words remained in the hearts and minds of all attendees, reaffirming that individually and collectively we share the same family line. This family line brings us closer to the truth-that we are "a family"... brothers, sisters, and cousins alike. The family history is enriched by the diversity of our background.

The Cultural Fest included the talents of Mr. Lenny Rogers, who performed many familiar tunes on his steel drum. The Sankofa Dance Theatre also performed, presenting colorful and rhythmic African dance. The "beat of the drum" set the stage for a full day of diversity. Throughout the day attendees observed and participated in demonstrations of Tai-Chi, acupuncture, Korean and Latin America Folkloric dance. The Healing Dance, presented by Robin Boyd and Stephanie Johns, was one of many workshops applauded as being a very interactive and stimulating experience.

Participants had the opportunity to tour the many exhibits that lined the corridor. Cultural information was offered by various groups, including the Governor's Commission on Asian/Pacific Islander Affairs, the Silver Otter Associates and the Howard County Center of African American Culture.

The entire program was well balanced in its presentation of diversity. Indeed, the 1999 Cultural Fest proved to be a tremendous success, and one of many to come as the Mental Hygiene Administration and the mental health community continue to explore the magic of cultures.



## Homeownership for Persons with Disabilities... A Success Story

On March 14, 1999 Governor Parris N. Glendening and Mr. Raymond Skinner, the Secretary of the Department of Housing and Community Development, held a Press Conference announcing a two million-dollar renewal of the special mortgage product for the Homeownership for Persons with Disabilities Program. This was an exciting event because the Press Conference was held at the new home of a person who had utilized these resources during the initial phase of the mortgage funding last year. Fourteen persons with disabilities became homeowners State-wide in 1998 through this effort.

This program, which was co-developed by the Mental Hygiene Administration (MHA), is designed to break down some of the barriers such as inflexible underwriting standards, high interest rates, and the unavailability of closing and down payment cost assistance, which have kept low income persons with disabilities from becoming home-owners.

In order to become involved in the process, a person must receive first time home buying counseling, and must meet the criteria of the mortgage product as established by the Department of Housing and Community Development and the Homeownership Coalition. Please note that MHA has funding specifically for persons with a mental illness to assist with closing and down payment costs. This MHA funding cannot be used in Baltimore City, Baltimore County, Montgomery County, Prince Georges County, Anne Arundel County or Harford County. However, in these counties there are alternative resources for closing and down payment costs. The Maryland Center for Community Development (MCCD) administers the program. If you are interested in being linked with a free housing counselor or for additional information, please call MCCD's Homeownership Hotline at 1-888-949-6677, or call Norma Berlin of MHA at (410) 767-5570. ■

## New Releases Available:

- ***Ethical Issues on Coercion Research in Mental Health Systems***; Research in Community and Mental Health, Volume 10, pgs. 177-187; Allen, John B., Jr. (Copyright 1999)
- ***Voices in The Storm: A Personal Journey of Recovery from Mental Illness*** - This resource is for mental health professionals, people with mental illness and their families, friends, and employers, advocates, human service providers and anyone who wants to learn more about the resilience of the human spirit. For more information or to order, contact the Training Resource Network, Inc. at (904) 823-9800.
- ***His Bright Light: The Story of Nick Traina***, Steel, Danielle; Sept. 1998. This book tells Nick Traina's lifelong struggle with manic depression. Proceeds from the book will go to the Nick Traina Foundation—a foundation dedicated to the understanding and prevention of suicide by educating patients, families, professionals, and the public. The objectives of the Nick Traina Foundation are to support organizations involved in the diagnosis, research, education and/or family support of: manic-depression, suicide prevention, children in jeopardy-outreach and education, and music (assist struggling musicians in the areas of health and mental illness.) For more information on the Foundation or to obtain qualifying grant criteria, contact: The Nick Traina Foundation at 1850 Union Street, Suite 1344, San Francisco, CA 94123, USA or phone at (415) 267-5984.
- "Comparative Effects of Schizophrenia and Temporal Lobe Epilepsy on Memory", *Journal of the International Neuropsychological Society*, Seidman, L.S., Stone, W.S., Jones, R.L. & Mirsky, A.F.; 1998, 4, pgs. 342-352.
- "Cognitive Therapy & Research" -- [Book Chapter] -- ***Repression, Dissociation and Psychotherapy: At Play in the Fields of Consciousness***; Lawrence Erlbaum Publishers; Bonanno, G. and Siddique, H.K.; 1999.

*Editors note: Any mention of publications or grant opportunities available does not necessarily indicate or grant any type of recommendation, approval, or support by the Mental Hygiene Administration, the Department of Health and Mental Hygiene and/or their associates.*

**WATCH FOR INFORMATION IN NEXT ISSUE OF LINKAGE** on Residential Treatment Home & Community-Based Waiver for Individuals with Traumatic Brain Injury. Comments on the recent MHA symposium "Integrating Mental Health Services with Existing Early Childhood Programs."

## MAY 1999 MENTAL HEALTH MONTH ACTIVITIES

- 11th 1:00 - 3:00 PM **Thomas B. Finan Center's Hospital Week Talent Show.** For pre-registration call Dr. Judith Altemus by May 7th at (301) 777-2268. (Open to all hospital and community mental health staff and clients.)
- 12th **Walter P. Carter Center's Hospital Week Recognition; Annual Poster Contest.** For more information contact WPCC at (410) 209-6200.
- 13th 10:00 - 11:30 AM Workshop, **"The Overlap of Affective Instability and Psychosis: A Discussion with Treatment Recommendations"** at Crownsville Hospital Center's Con Met Room, presented by Dr. Charles Richardson, Unit Director of the Maryland Psychiatric Research Center's Treatment Research Unit. For more information contact: Stephanie Feldman, LCSW-C at (410) 402-6885.
- 13th 1:30 - 2:30 PM Workshop, **"Taking Control of Depression"** in Rm L-AOS at Clifton T. Perkins. For more information call Staff Development at (410) 724-3000.
- 13-14th DHMH's Mental Hygiene Administration's Annual Conference, **"Prevention Throughout the Life Span"** being held at the Towson Sheraton. For more information call the Mental Health Services Training Collaborative at (410) 706-4967.
- 14th 8:30 AM - 3:00 PM Seminar, **"Childhood Roots of Adult Mental Wellness"** sponsored by the Mental Health Association in Montgomery County. Being held at the Johns Hopkins University Shady Grove Campus in Rockville. This seminar will explore the influences of prenatal and early childhood development on adult mental wellness; keynote speaker, Dr. Larry Silver. (CEUs are available.) For more information call (301) 424-0656 x 130.
- 15th 8:30 AM - Noon Workshop, **"Dealing With It"** sponsored by the Carroll County Core Service Agency, Carroll County General Hospital and the Mental Health Association, being held at the Women's Center at 291 Stoner Avenue (Beside the Billingslea Building) in Westminster. For more information call the Carroll County CSA at (410) 876-4440.
- 17th 10:00 - 3:00 PM **Health Fair** at 201 W. Preston Street; free health screenings, workshops, health-related information, entertainment, prizes, and from 1-3:00 PM free Anxiety and Depression Screenings. Co-Sponsored by the Department of Health and Mental Hygiene, MD General Hospital, and various mental health advocacy organizations, and mental health community providers. For more information, call Jean Smith at (410) 767-6629.
- 17th 9:30 - 10:30 AM Workshop, **"Stress Traps"** in Rm L-AOS at Clifton T. Perkins. For more information call Staff Development at (410) 724-3000.
- 18th 7:00 - 8:30 PM Workshop, **"An Evening with Deborah Prothrow-Stith, M.D."** at Easton High School's Auditorium in Easton. For more information contact the Mental Health Association at (410) 882-0444.
- 19th 10:30 - 2:30 PM **Annual Summer Patient Carnival** at Eastern Shore Hospital Center; Hospital Grove; games, food and fun for patients and staff. Call (410) 221-2300 for more information.
- 19th 8:15 AM - 4:30 PM Professional Seminar, **"Breaking the Cycle of Violence"** at the Chesapeake College in Wye Mills; sponsored by the Mental Health Association of Talbot County. For more information call (410) 822-0444.
- 19th 3:00 - 7:00 PM **Second Annual Wellness Event** at Way Station, Inc., 230 W. Patrick Street in Frederick. Focus will be on family-healthy individuals, healthy families. Wellness exhibits, activities refreshments, and health screenings; demonstrations of Tai Chi, Yoga, Chi Gong, seated massage and more. (A speaker is planned for 6:30 PM, followed by a reception sponsored by NAMI of Frederick.) For more information, call Franci Williams, RN, MS at (301) 662-0099 x 205.
- 20th **Dedication of Safe Harbor Crisis Center and Lighthouse Carnival.** Call Lighthouse at (301) 334-9126 for information.
- 20th 1:30 - 2:30 PM Workshop, **"Stress Traps"** in Rm L-AOS at Clifton T. Perkins. For more information call Staff Development at (410) 724-3000.
- 20th **Maryland Association of Psychiatric Support Services' Annual Meeting.** For more information call MAPSS at (410) 788-1865.
- 21st 9 - 11:30 AM **Annual Auction** at Eastern Shore Hospital Center. Sale begins at 12 noon. All proceeds benefit the patient canteen operations. For more information call (410) 221-2300.
- 21st **Carroll County Relay for Life** at Westminster High School. Springfield Hospital Center staff

will participate on the relay teams. For more information call (410) 795-2100 x3693.

- 21st **Third Annual Celebrity Gold Classic** at Turf Valley Country Club in Ellicott City; sponsored by the Mental Health Association of MD and WPOC-FM, 93.1FM. For more information call Chris McKee at (410) 235-1178.
- 21st 8:30 - 3:30 PM Training: The Co-Occurring Disorders Task Force of Anne Arundel County presents **"Co-occurring Disorders: Resources for Management and Treatment"** at the Anne Arundel Community College. Sponsored by the Alcohol and Drug Advisory Council, Anne Arundel Health Department, Anne Arundel Mental Health Agency, Inc., mental Health Advisory Committee, Safe & Drug-Free Schools, Project and Substance Abuse Treatment Council. Participants include Crownsville Hospital Center. (CEUs available) For more information contact the Anne Arundel Core Service Agency at (410) 222-7858
- 24th 11:00 AM **Patient Cemetery Dedication** at Eastern Shore Hospital Center grounds. For more information call (410) 221-2300.
- 24th 9:30 - 10:30 AM Workshop, **"Stress Overload"** in Rm L-AOS at Clifton T. Perkins Hospital Center. For more information call Staff Development at (410) 724-3000.
- 26th Springfield Hospital Center's **May Celebration** for patients, families and staff from State Psychiatric facilities throughout the counties; featuring the Senior Showcase, a song and dance troupe. For more information contact SFHC Volunteer Services at (410) 795-2100.
- 27th 1:30 - 2:30 PM Workshop, **"Stress Overload"** in Rm L-AOS at Clifton T. Perkins. For more information call Staff Development at (410) 724-3000.
- 31st 9:30 - 10:30 AM Workshop, **"Job Stress"** in Room L-AOS at Clifton T. Perkins Hospital Center. For more information call Staff Development at (410) 724-3000. For more information concerning activities for May as Mental Health Month contact MHA's Public Relations Office at (410) 767-6629

*Note: All events listed are not necessarily open to the public. If you are interested in attending any event, it would be advisable to call in advance. Clifton T. Perkins' scheduled workshops are not open to the public.*

## **Congratulations to:**

**Bonnie Cote'**, social worker at the Springfield Hospital Center's STARR Program, who was nominated as Social Worker of the Year.

**Spring Grove Hospital Center** on receiving the highest level of accreditation awarded by the Joint Commission on Accreditation of Healthcare Organization (JCAHO) as a result of their recent JCAHO survey.

**Drs. William T. Carpenter, Jr. and Carol A. Tamminga** of the Maryland Psychiatric Research Center for being elected as members to the prestigious Institute of Medicine of the National Academy of Sciences.

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## **"Family-to-Family" Program**

*By Jane Clark, M.P.A.*

The NAMI "Family-to-Family" Program at the Maryland Psychiatric Research Center (MPRC) program is taught by family members to other family members who have loved ones with mental illness. It consists of a series of 12 weekly classes with information on illnesses of the brain, available treatment, coping skills and advocacy. It is offered free of charge to any family member and/or close friend of individuals suffering with mental illness. Ms. Libby Pedrazzani is teaching this informative course every Monday from 7 PM - 9:30 PM, for 12 weeks, in the MPRC White Building library. Ms. Pedrazzani is a member NAMI-Baltimore, of the MPRC Taskforce and the president of FAITH, the MPRC's family organization Family Actively Involved in Teaching Hope. For more information on the program, contact Ms. Pedrazzani at (410) 666-2039.

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## **MARK YOUR CALENDARS**

**RICA-Rockville's "FORE the Children" Golf Tournament**, June 14, 1999 at 1:00 PM at the Montgomery Village. For information call (301) 251-6836.

**On Our Own of Maryland's Summer Conference** June 17-18, 1999 at the Hilton Hotel in Gaithersburg; for more information call OOO at (410) 646-0262.

**NAMI'S 20TH Anniversary Convention** June 30 - July 4, 1999 in Chicago, Illinois; for more information contact your local NAMI office.

## The Month of the Young Child

*By Colleen DeCoster*

Governor Parris N. Glendening proclaimed April to be the Month of the Young Child. A Statewide collaborating team has been able to host different events over the past few years to create public awareness and introduce as well as reinforce the idea of focusing child-rearing skills on a child's first years. Part of this year's celebration was a festival called, Family EDventure Day, which was held on April 10, 1999 in downtown Baltimore outside of Port Discovery. The event featured 35 family-oriented, child-focused interactive exhibit booths and free entertainment. Also featured were local museums and non-profit organizations, with such highlights as a historic fire truck to explore, Cookie Monster to meet and hug, a Bookmobile from the Enoch Pratt Free Library, and Wimzie to sing and dance along with from Maryland Public Television.

**Note from Editor:** Deadline for submission of articles for the next issue of **Linkage** is **June 7, 1999**.

Family EDventure Day was kicked off by a rousing welcome from Maryland's First Lady, Frances Hughes Glendening. "I was extremely excited to be part of such a unique event. Family EDventure Day combined all the important components of early childhood development and demonstrated how much fun it is to learn by providing many hands-on fine art and cultural activities hosted by premier Maryland organizations," said Mrs. Glendening.



The list of participants at Family EDventure Day included over 28 exhibitors from both public and private organizations.

The Mental Health Association and the Mental Hygiene Administration were exhibiting materials on mental health in the continuing educational effort of early identification in the prevention of serious mental illness.

The Kids on the Block puppets performed, also focusing on early intervention in the prevention of serious illness.

The event attracted over 3,000 attendees, certainly a successful event based on the number of families in attendance, the volume of literature distributed and the smiles found on the children's faces. As far as we could see, everyone went home happy, with a goody bag and literature on strong, healthy early childhood development. ■

**Directory of Building and Equipment Grants 5th Edition** available at \$59.50 plus \$6.00 s/h through Research Grant Guides, Inc. Call: (561) 795-6129.

**May 2-8, 1999 --  
Children's Mental Health Week.**

**May 6-12, 1999 --  
Nurses Week.**

**May 9-15, 1999 --  
Hospital Week.**

## Linkage

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*Contributions are welcome, but  
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